

## Weight Loss and Lifestyle Program Agreement

The date of this signed agreement will be considered the start date for my initial twelve-week program commitment to the above-listed program. The last day of the initial twelve weeks will be \_\_\_\_\_.

I understand that, if I decide to quit or cancel my commitment to this program prior to the date listed above, my account will be charged \$49 per week for the remaining portion of the initial twelve-week period. The same terms will apply for any continuing periods in the program.

I understand it is my responsibility to have my food log to my trainer no later than midnight of the current week of the program.

I also understand that there may be charges to my account, as shown on the previous page, for failure to comply with requirements of the program.

I authorize The YMCA of KLAMATH FALLS to draft from my debit/credit card account that I have put on file for the sole purpose of this program.

If I am injured or become ill and am not able to fulfill my program commitment, I understand that I must get a physician's statement stating my inability to complete the program before I can be released from this contract and further financial obligation.

To the best of my knowledge, I am healthy and should have no physical problems upon participating in this health and wellness program offered by The YMCA of Klamath Falls. I understand the YMCA assumes no financial obligation for any injury I may incur. I give the YMCA permission to secure proper medical attention for me if I am injured.

I have read and agree to the terms listed above.

DATE \_\_\_\_\_  
Participant Signature \_\_\_\_\_

Participant Printed Name \_\_\_\_\_

Trainer Signature \_\_\_\_\_

Account Information:  Visa  Mastercard  AmExp  
 Debit  Credit Account # \_\_\_\_\_

Name on Card \_\_\_\_\_

Card Expiration Date \_\_\_\_\_



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Start here for a  
new way to reach  
your personal  
health and fitness  
goals.

## THE YMCA OF KLAMATH FALLS WEIGHT LOSS AND LIFESTYLE PROGRAM

- Learn how to work out effectively
- Learn how to shop for the right foods
  - Learn how to eat healthy

## YMCA Weight Loss and Lifestyle Program Guidelines

This free program is designed specifically for you to help you reach your health and fitness goals. You will learn how to work out and how to shop for and prepare the foods you need in order to live healthy.

The first step: You will sign up for an initial twelve (12) weeks of the program. It is free; however if you decide to quit prior to the end of the twelve week period, you will pay a cancellation fee of **\$49 for each of the remaining weeks.** (A debit/credit card must be on file at the YMCA for the duration of your program. )

Each week you will have to meet certain requirements. As long as you meet those requirements, the program is absolutely free.



### What you get at no cost:

1. A body analysis when you start the program
2. After every 8 weeks in the program, you will get another body analysis.
3. A free personal training session to get your starting measurements and a step-by-step workout plan that is personalized for you.
4. A weekly 10-15 minute check-in session with the trainer to answer any questions you may have.
5. A nutrition plan designed specifically for your goals. You and the trainer will take a trip to the grocery store to help you learn how to shop smarter and healthier.



### What you need to do:

1. Each week you will email a copy of your food log to the trainer. It must include at least 6 full days of food logging (3 meals + 1 snack = your minimum calorie goal).
2. You must do a total of 150 minutes of cardio workouts per week. Cardio exercise is anything that accelerates your heart rate, such as swimming, walking, biking, running, group fitness classes, etc. If you exercise outside the Y, you will need to use a tracking program such as mapmyfitness.com or any other trainer-approved program.
3. Each week you must do at least two strength-training workouts, which need to be logged in some form (online/phone/paper) that allows the trainer to track your progress.
4. You must meet with the trainer once a week for a quick accountability check-in.



### So here's the catch...

This program is free **as long as you meet the weekly criteria.** However, there is a price tag attached to each missed activity, log, or meeting and your account will be charged accordingly. Here is a list of what it costs if you miss anything in your program:

- \$7 If you do not email your trainer a food log, or if it is incomplete (less than 6 full days of food logged). You may email food logs daily or all at the end of the week, but the trainer must have 6 full logs by midnight every Sunday night.
- \$15 Failure to complete at least 150 minutes of cardio workouts per week
- \$7 Failure to complete at least 2 strength training workouts per week
- \$10 Missing a weekly meeting with your trainer

*NOTE: The program is open to both Y members and non-members. Non-members will need to purchase day passes or a punch card for access to the facility.*